



Cool cuisine-feed your body, mind, and planet

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Abstract:

INTRODUCTION: This paper combines information from the book, Cool Cuisine-Taking the Bite Out of Global Warming (Gibbs Smith, 2008) with notes from the World of Healthy Flavors Conference (Culinary Institute of America, St. Helena, CA, USA, 2011). Cool Cuisine reports on connections between food choices and global warming, (what we termed the Global Warming Diet), both from a culinary and science point of view. **METHOD:** World of Healthy Flavors brought food industry professionals together to discuss ways the industry can collaborate on solutions to some of the most pressing health problems in the USA. **RESULTS and DISCUSSION:** Science now supports the fact that dietary choices that adversely effect human health have an equally detrimental effect on the health of the environment and our livestock. Therefore, eating a more diverse, plant-based, whole grain, and sodium-reduced diet not only improves human health, but also the health of the environment. What is good for humans to eat is the same food that is best for the environment to grow and manufacture. Understanding and then teaching the connection between the two is one more tool toward effective behavior change, especially in children. Easy suggestions on ways to cook healthfully and "fight the global warming diet with a cool cuisine" close out this work.

Source: <http://dx.doi.org/10.1007/s12029-011-9355-0>

Resource Description

Communication:

resource focus on research or methods on how to communicate or frame issues on climate change; surveys of attitudes, knowledge, beliefs about climate change

A focus of content

Communication Audience:

audience to whom the resource is directed

Public

Exposure :

weather or climate related pathway by which climate change affects health

Unspecified Exposure

Geographic Feature:

Climate Change and Human Health Literature Portal



resource focuses on specific type of geography

None or Unspecified

Geographic Location:

resource focuses on specific location

Global or Unspecified

Health Co-Benefit/Co-Harm (Adaption/Mitigation):

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

A focus of content

Health Impact:

specification of health effect or disease related to climate change exposure

Health Outcome Unspecified

Mitigation/Adaptation:

mitigation or adaptation strategy is a focus of resource

Mitigation

Resource Type:

format or standard characteristic of resource

Review

Timescale:

time period studied

Time Scale Unspecified